



## 'Food Pantry Hour' needs helpers

by Viki **BOWMAN**  
Davis County RSVP

The Bountiful Community Food Pantry has partnered with Davis County Retired & Senior Volunteer Program (RSVP) in creating an evening one-hour volunteering event for persons aged 55 and greater. RSVP's volunteer event is known as "Food Pantry Hour." It's an ideal way for potential volunteers to serve others when personal time is limited. The event's name says it all – we're only asking for one hour per volunteer to make this happen.

The next Food Pantry Hour is Thursday, June 21, 6-7 p.m., and is limited to a 15 member volunteer team. Preference is given to participants aged 55 or greater who are members of RSVP or to those willing to become a member.

As RSVP members, volunteers may request a mileage reimbursement for travel between home and the pantry. Members are provided supplemental personal injury and accident protection insurance at no charge during their time of service.

Bountiful Community Food Pantry processes more than two million pounds of food annually. Not only do they assist individuals and families living with food insecurity, but fill and provide special "packs" for 1,355



VIKI BOWMAN, DAVIS COUNTY RSVP

**EACH RSVP VOLUNTEER CONTRIBUTED** one hour of service sorting non-perishable food items by expiration date and type at the previous Food Pantry Hour held in December. The next volunteer event is Thursday, June 21.

children each week who are at risk of not having easily accessible food during weekends and holidays when school is not in session. More than 150 volunteers pitch in to help out the pantry's very limited staff. It takes many hands to process that much food and help so many people. We are only asking 15 volunteers to help for Food Pantry Hour on June 21.

Event volunteers will help sort and organize non-perishable food that has been donated by the

community. Once the food is sorted by expiration date, it is shelved by categories such as fruits, vegetables, meats, etc. Then the donated food is ready to be distributed to pantry clients. One hour of your time will make a difference in the life of someone facing the day with food insecurities.

Please let us know if you'll be there to help. Contact Davis RSVP to reserve your spot on the team at 801-525-5094 or email [vbowman@daviscountyutah.gov](mailto:vbowman@daviscountyutah.gov).

## Parkinson's Disease Health Fair and Mini-Expo scheduled

The Davis County Parkinson's Support Group announces their annual Parkinson's Disease Health Fair and Mini-Expo. It's on Wednesday, June 6, 5:30-7:30 p.m., at the North Davis Senior Activity Center (42 South State Street, Clearfield).

The health fair and mini-expo feature representatives from a wide range of health care organizations, as

well as free information on quality of life programs that are available for individuals affected by Parkinson's disease. The public is encouraged to attend.

For more information, visit their Facebook page at Parkinson's Support in Davis County, email [ParkinsonsDavisCo@gmail.com](mailto:ParkinsonsDavisCo@gmail.com), or contact Dale George at 801-451-6238.

## June 15 marks World Elder Abuse Awareness Day

Davis County Senior Services observes June 15 as World Elder Abuse Awareness Day (WEAAD).

WEAAD serves as a call-to-action for our communities to raise awareness about abuse, neglect, and exploitation of older adults, and reaffirms our country's commitment to the principle of justice for all.

Elder abuse is widespread across our country. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture. Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to



report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

Elder abuse is an issue with many consequences for our society. Its effects

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## Events in June

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- M - Bingo 10:15 a.m.
- Game Day 2 p.m.
- T - Square Dancing 12:30 p.m.
- W - Pinochle Card Game 3 p.m.
- TH - Arts & Crafts 9 a.m.
- F - Movie 12:30 p.m.
- 8 - AARP Smart Driver Class (sign up required)

### Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- 4 - Arthritis Class 12:30 p.m.
- 7 - Sing-a-long 10:30 a.m.
- 12 - Legal Consultation by appointment starting at 10 a.m.
- 14 - Blood Pressure Check 11 a.m.
- 26 - Book Club 12:30 p.m.
- 28 - Caregiver Class 2 p.m.

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- T/TH - Tai Chi for Arthritis & Falls Prevention 10:15-11:15 a.m.
- T - Living Well with Chronic Pain 9:30 a.m.-Noon
- 6 & 20 - Food Bank
- 6, 12, 20, 26 - Blood Pressure Clinic 10:30 a.m.
- 12 & 26 - Caregiver Class 2 p.m.
- Shopping at Walmart 12:30 p.m.
- 19 - AARP Smart Driver Class 10 a.m.-3 p.m. (sign up required)
- Presentation on Aging by Dr. Bowden 11:30 a.m.
- 29 - June Birthday Party (call for reservation)

See more at [daviscountyutah.gov/health/senior-services](http://daviscountyutah.gov/health/senior-services)



# You're never too old: *Keep active as you age*

By National Institutes of Health  
U.S. Department of Health and Human Services

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It also may improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.

Despite these proven

benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30 percent of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15 percent of those between the ages of 65 and 74 and 5 percent of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can



increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls – a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway. “Even if you haven’t

been active previously, it’s important to get started and stay active,” said Dr. Richard J. Hodes, director of NIH’s National Institute on Aging. “We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function,

which is key to doing the everyday things they want to do.”

To help you get started and keep moving, NIH brought together some of the nation’s leading experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It’s called Go4Life.

“Older adults can exercise safely, even those who have physical limitations,” Hodes said. “Go4Life is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions.”

Go4Life exercises

are designed to be done safely at home without special equipment or clothing. The free book “Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging” (<https://www.nia.nih.gov/health/exercise-physical-activity>) is the core resource for the campaign. Other free materials, such as tip sheets, are also available. “Workout to Go” (<https://go4life.nia.nih.gov/workout-to-go>), a mini exercise guide, shows you how you can be active anytime, anywhere.

To learn more, visit the Go4Life website at <https://go4life.nia.nih.gov>. You’ll find exercises, success stories, and tips to help you stay motivated. Or call 1-800-222-2225, or email [niaic@nia.nih.gov](mailto:niaic@nia.nih.gov).

## Medicare 101 classes scheduled

Davis County Health Department’s Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire,

please join us for one of the following classes:

- Wednesday, June 20, 6:30-7:30 p.m. – Centerville Library (45 S. 400 W., Centerville)
- Thursday, July 12, 6:30-7:30 p.m. – Kaysville

Library (215 Fairfield Road, Kaysville)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or [jmsmith@daviscountyutah.gov](mailto:jmsmith@daviscountyutah.gov).

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on our communities range from public health to economic issues. The good news is that Davis County is working to prevent and address the issue of elder abuse.

Within Davis County there are currently many efforts underway to strengthen our social supports through policies, services and programs that keep us integrated in our communities and informed as we age. Some of these include:

- Senior Activity Centers in Clearfield, Kaysville, and Bountiful, which provide oppor-

tunities for recreation, socialization, education, and meals.

- Volunteers who provide education to seniors and community partners regarding fraud and other forms of exploitation that are most common among the senior population in our area.

- Coalitions and partnerships with law enforcement, banks, elder law attorneys, hospitals, and home health staff, as well as state and county agencies who work with the elderly population to educate and learn from one another and to staff difficult cases.

- Adult Protective Services provides training in the community regarding how to recognize

warning signs of abuse, neglect, or exploitation of vulnerable adults.

Utah is a mandatory reporting state, which means that anyone who suspects that a vulnerable adult has been the victim of abuse, neglect or exploitation is required to report to either law enforcement or Adult Protective Services. Failure to do so is a class B misdemeanor.

By doing all that we can to strengthen the social support structure of older adults we can reduce social isolation, protect communities and families against elder abuse, and build a nation that lives up to our promise of justice for all.

## Caregiver educational instruction offered during June

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations twice a month throughout 2018. On Tuesdays, classes will be held at North Davis Senior Activity Center (42 S. State Street, Clearfield), 2-3 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S.

100 E., Bountiful), 2-3 p.m. No RSVP is needed. If you have any questions, contact Megan Forbush at 801-525-5088.

Class topics:

- **June 12 & 14:** Summertime Safety – Linda Clawson, South Davis Home Health and Hospice
- **June 26 & 28:** Deciphering Signals When Dementia Speaks – Teresa Strickler, RN



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All issues of Senior Living are available at [www.daviscountyutah.gov/senior\\_living](http://www.daviscountyutah.gov/senior_living)



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